

JULY 2023

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MCA MONTGOMERY MESSENGER

THE OFFICIAL MONTGOMERY COMMUNITY NEWSLETTER

TERRACE ROAD SCHOOL CHOIR JOINED US!
SEE PAGE 4



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Date and Time

August 24th, 6:30 PM – 9:45 PM
August 25th, 6:30 PM – 9:45 PM
August 26th, 8:30 AM – 7:00 PM
August 27th, 7:30 AM – 7:00 PM



isha

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SENIORS' SOCIAL

The next Montgomery Seniors' Social will be held on Thursday, July 20. Join us for a summer BBQ – rain (inside) or shine (outdoors!).

A huge thank-you to the Terrace Road School Choir who entertained us at the June 15 Social! At the time that this article went to press, we did not have permission to print the photos of the kids' choir. It was, however, a musical delight and we look forward to hosting them again soon!



GAMES & PUZZLES

Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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QR CODE
FOR THE
ANSWERS!



Join the MCA Board of Directors!

Montgomery community is looking for engaged, motivated members of our community to join the board in the following positions:

- Fundraising Coordinator
- Volunteer Coordinator
- Events Coordinator
- Communications Director

Board meetings are held on the third Tuesday of every month from September to June. Directors participate in community events like our Christmas Market, Community Cleanup, upcoming Seniors' Social, and coming soon, monthly family-friendly pub nights!

Email Jason Sokolosky at president@mcapeople.com for more information.



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• WEDNESDAY •

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Vice-President, Events	Michael "Spike" Richards
Treasurer	Anita Hennig
Secretary	Teigan Owen

Staff

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Building and Maintenance	David Hoskyn building@mcapeople.com
Community Engagement	Ali MacQuarrie engagement@mcapeople.com

Directors

Director	Elizabeth Laishley
Director	Kayla Doiron
Director, Planning Co-Chair	Neal Greywall
Director, Events	Michael "Spike" Richards events@mcapeople.com
Director, Seniors' Social	Kim Olsen

Elected Representatives

City Councillor	Terry Wong	403-268-2430
MLA Calgary Bow	Demetrios Nicolaidis	403-216-5400
MP	Len Webber	403-220-0888

Contacts

Community Liaison Officer	David Down pol3847@calgarypolice.ca	403-428-6200
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School Board Trustees

Public	Patricia Bolger	403-817-7918
Separate	Pamela Rath	403-500-2761

Stay Connected With Montgomery

✉ **General Email Inquiries:** manager@mcapeople.com
Community Engagement Coordinator
 Ali MacQuarrie and Abi Harker: engagement@mcapeople.com

Newsletter Submissions

David Hoskyn: editor@mcapeople.com

📍 5003 16 Avenue NW T3B 0N2

📞 403-247-3116

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📘 MontgomeryCA

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MCA Main Hall, Boardroom, and Kitchen

The main hall is available for events with up to 301 people (238 if there is liquor service). Active members of the Community Association will receive 10% off full rentals. The hall measures 40 feet by 80 feet and has direct level access from the parking lot.

The board room is available for meetings and small gatherings of up to 25 people. The board room measures approximately 22 feet by 12 feet. A projector and screen are available for use.

MCA's AHS-approved kitchen is included with main hall rentals and is available to rent independently. Email manager@mcapeople.com for more details!

Rental Rates

Please contact the office at 403-247-3116 or email manager@mcapeople.com for hourly and daily rental rates.

Community Newsletter

The Montgomery Messenger is a publication of the Montgomery Community Association and Great News Media.

Published year round for mail delivery in the middle of every month. Content from the public is welcome and invited. To inquire about submitting content please email editor@mcapeople.com or phone 403-247-3116.

All advertising inquiries should be directed to Great News Media.

Editorial deadline for content submissions is the first of month, for the following month's issue. All submissions should be as Word documents, and sent to editor@mcapeople.com. High quality photos are also welcome.

Virtual Registrations

The following are available online at www.mcapeople.com:

MCA Family and Business Memberships

MCA Community Garden Registration

Visit www.mcapeople.com for more information!

MCA Community Cleanup

We are gathering up our volunteer teams for the Montgomery Community Cleanup, which will be held on Sunday, September 17.

Have you helped us before? Excellent! Wanna help us again?

Rookie? Excellent! Wanna help us for the first time?

Spike's got coffee, a safety vest, and a huge thank-you waiting for you. Email events@mcapeople.com for more information.



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SCAN THE QR CODE
FOR THE SOLUTION



Learn to Accept Failure

by Karl Plesz

The most memorable quote about failure that I know is "Failure is not an option." Worst. Phrase. Ever. As adults we learn to fear failure, partly because of how work life evolves into a competitive struggle against our peers, and partly because we traditionally cheer success and frown upon anything else. We learn that failure may be interpreted as weakness or incompetence. This attitude even prevents us from asking for help, making matters worse.

Failure is a required element of learning, and obsessing about failure in a bad way suppresses the will to contribute ideas and keep striving for success. The status quo becomes the norm. We fail all the time and have done so since birth. That's in part how we learn. But we also learn that if we fail a test, we don't measure up. We eventually progress once we pass successive attempts, but the stigma is already in place. This thinking can also be taught to us by our parents, our coaches, or anyone in a leadership role with influence.

If we're lucky, failure, while acknowledged, isn't an obsession for those mentoring us as we grow. Instead, they show us or ask us to reflect on what each failure has taught us, to find a better way. This is the single most important lesson an improviser learns up front, and one that they never stop being reminded of. Fail with joy and move on. There is no guarantee of success, only attempts at greatness, with each attempt leveraging the lessons learned.

Some feel that celebrating failure is a dangerous habit to get into because you can't have success if you're downplaying failures. I counter that when we review failures, we're not dwelling on the outcome as much as the creative process. In business, we're only adopting this strategy during the creative phase of a project. We are trying to develop an environment where everyone feels safe to offer ideas that are risky but worth exploring. This is a valuable strategy to adopt in adult life and work, especially as a leader or parent. For example, in a meeting, someone might put forward an idea that doesn't pan out. The competitive nature of some work cultures might use that situation as an opportunity to

focus only on the failure itself. This creates an unwanted atmosphere where the contributor no longer wants to serve up any more ideas for fear of reprisal, shame, harassment, etc.

Forward-thinking companies do it differently. They not only encourage talking about what was learned from failure, but some even make it into a competition, encouraging all workers to contribute their biggest failures and what those failures offered as lessons learned. This cultivates trust, empathy, and promotes collaboration. This leads to innovation and is what's needed to stand out in the business world. This tactic also works better during personnel assessments. Workers who understand failures as steppingstones to success do a much better job with self-assessment and the interview is spent building strategies to leverage those lessons.

Good leaders will share those lessons with the team, not to make the worker look bad, but to thank the worker for the free lesson. In fact, good leaders will set the stage for admitting failure by doing it themselves to show that anyone can make mistakes and that the key is to learn from those mistakes. History shows that time and again, successes are often preceded by endless strings of failures. We need to remind ourselves that we're not perfect and give ourselves permission to fail.



Free MCA Memberships

The Montgomery Community Association will no longer be charging for community memberships. Memberships for MCA are now free of charge. A membership is required to attend some MCA-sanctioned events. You may obtain a membership online at www.mcapeople.com or in person at the Montgomery office.

PHOTO GALLERY

Photo by Reza Moradi Fard



GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

**CALGARY
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If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)

To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)

Let's Talk About Music

by Spike Richards

I am writing this mid-June. Remember that cold, windy, rainy chunk of time when you/I attempted to host a neighbourhood yard sale? Brrrr. So, me being me, I am naturally dreaming about sunny, warm, music filled festival days to come this summer.

If this is mid-July when you are reading, there are still dozens of choices of live music focused gatherings. If you want to volunteer, but don't know where to begin, please do reach out, get in touch, as I might be able to assist (events@mca.people.com).

And if you don't want to "work" for your ticket, tunes and hugs, then do get out and fully experience the festival offerings around our 'hood!

Get your ticket(s) and if you can, budget for a CD, a t-shirt, a glass or two of vino or local craft ale, and some YYC food fare. Make it a special, memorable, picnic in the park kind of day.

See you out there!

Upcoming MCA Music Events

All are smurf-friendly, with wine; woo-hoo! Please bring your neighbours and friends and come by the MCA hall... your hall.

Sunday, July 23 from 12:00 to 4:00 pm: Open Drum Circle and ScruffyFish. Bring a djembe if you have one, and/or expect to dance.

Saturday, September 16 from 12:00 to 4:00 pm: Tim Williams celebrating Mexican Independence D'Eh.

Friday, October 28 from 6:00 to 10:00 pm: Halloween Howl. Costumes and karaoke with Michael Shepherd.

Friday, November 24 from 6:00 to 10:00 pm: Sing along with McCool and the Fools and somebody called Carol.



Drum Circle at MCA Hall!

On Sunday, July 23, the MCA events team is happy to be working with you to make our first community circle a fun-filled day, and a success by all standards. Please do join us!

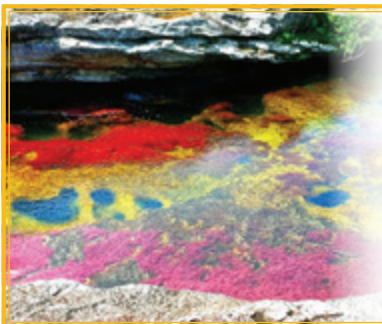
Do you have a drum? Djembe, Conga, etc? Please bring it. If you have extras, maybe bring one or two, too.

Do you not have a drum? Not a concern, we have a drum for you to use. We are asking for a \$5 MCA donation for the use of it, and in exchange, we will have the experienced folks from One World Drumming teach us some simple and fun rhythms that we can play together.

Never been to a drum circle? Well, that's excellent, because this one is going to be the best introduction, and then you can't use the "never been" thing as an excuse when you see other circles come up. Devious and causing you to have future fun, too, aren't we?

We are hoping to host the circle in the field out back of the MCA hall, but we can move inside if the thunder tries to out-drum us.

Afterwards, we will hear some covers and original tunes from the band, ScruffyFish. The "feel" of the circle will be carried forward with these talented minstrels. Expect to dance, is all I can say.



The Liquid Rainbow

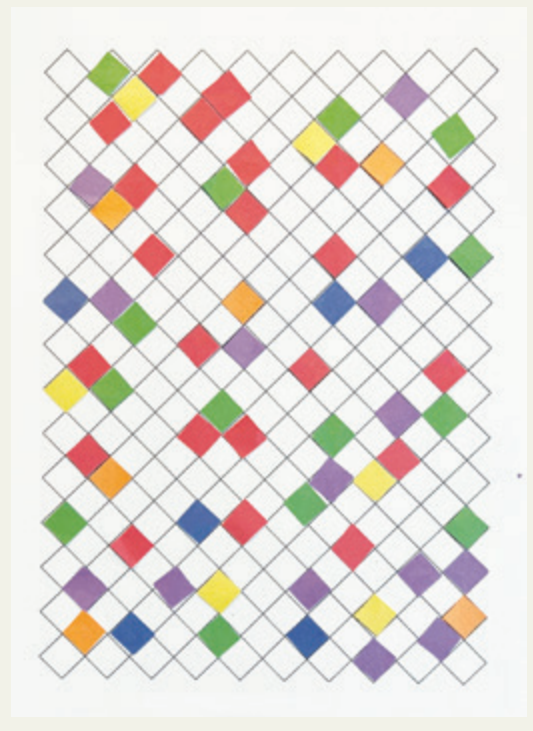
Caño Cristales is a multi-coloured river located in Colombia's Serranía de la Macarena National Natural Park. Its rainbow hues are caused by red riverbed plants, green algae, black rocks, yellow sand, and blue water. Be sure to visit between July and November, as that's when the colours are the most vibrant!

Montgomery Community Fence Art Project

We'll have an update on this project in the August edition of the *Messenger*!



Where: Montgomery Community Garden - 5299 Montalban Ave NW



RESIDENT PERSPECTIVES

Stargazing with Pat J: Indoor Astronomy

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

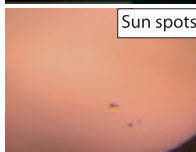


If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through two panes of glass



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.



Sun spots

Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tpsps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

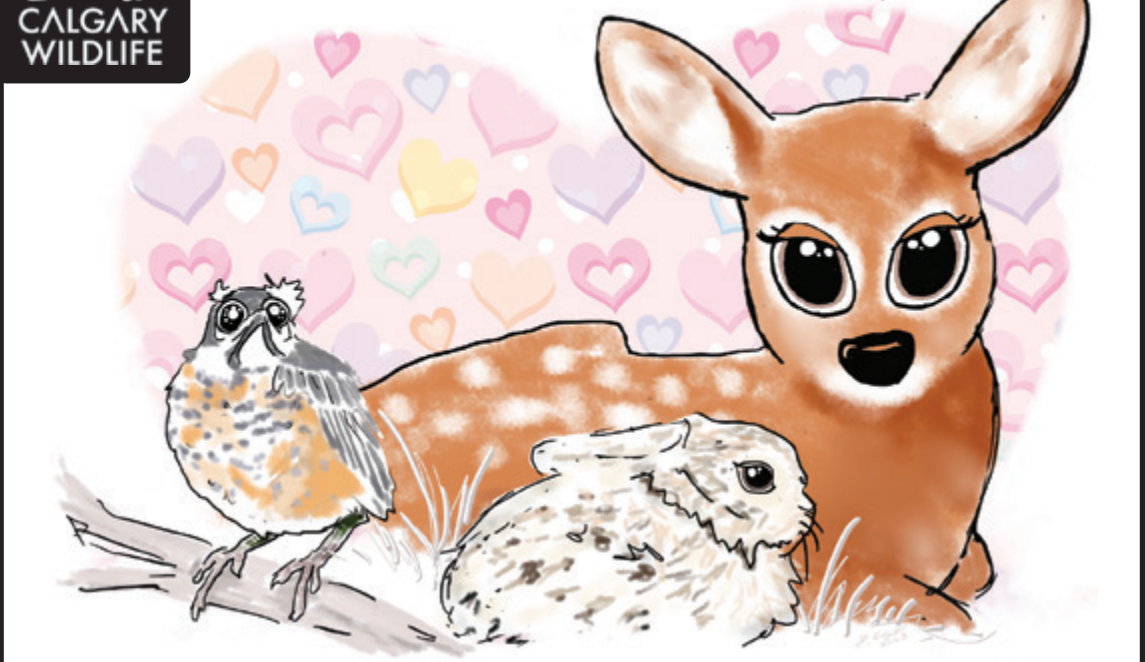
Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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BOWNESS LIONS & MERCHANTS STAMPEDE PARADE & BREAKFAST

Ken Richter is a Proud Sponsor
of the Annual Bowness Lions Stampede Parade & Breakfast

JULY 8, 2023

BREAKFAST 7 AM - 12 NOON
Bowness Shopping Centre

PARADE BEGINS AT 9 AM

See y'all there!!